

COVID-19 SKILLED NURSING FACILITY

Orientation and Training for
CA Health Corps





BACKGROUND ON COVID-19 AND SAFETY RISKS

Learning Objective:

Become aware of the symptoms and potential personal risks around contracting the virus





COVID-19: RISK GROUPS

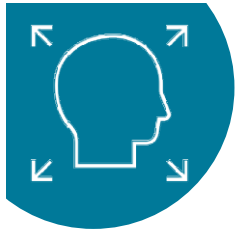


If you fall into one of these high-risk groups, please reconsider joining an Alternative Care Site, or consider signing up for a role with limited direct patient care

- Older adults (aged 60 years or older)
- People of any age, but have severe underlying health conditions such as:
 - People with chronic lung disease or moderate to severe asthma
 - People who have serious heart conditions
 - People who are immunocompromised
 - People with severe obesity (body mass index [BMI] of 40 or higher)
 - People with diabetes
 - People with chronic kidney disease undergoing dialysis
 - People with liver disease



While a recent CDC report notes that 20% of those who have been hospitalized for the disease in the U.S. are younger adults (20-44 years old), **the immediate risk of becoming seriously ill from the virus causing COVID-19 is thought to be low for most people**



COVID-19: SYMPTOMS

COVID-19 symptoms may look similar to the flu, cold, and allergies, but the most common include fever, cough, shortness of breath. If you or others in your household experience these symptoms, please take extra precautions to isolate and monitor symptoms. Sites will also screen staff daily for key COVID symptoms upon entry using standard questions.



| | COVID-19 | | COLD / UPPER RESPIRATORY INFECTION | | ALLERGIES / HAY FEVER | | INFLUENZA | |
|-----------------------|----------|-----------|------------------------------------|-----------|-----------------------|-----------|-----------|-----------|
| | Symptom? | Common? | Symptom? | Common? | Symptom? | Common? | Symptom? | Common? |
| Fever | ✓ | Common | ✓ | Rare | | | ✓ | Common |
| Fatigue | ✓ | Common | ✓ | Sometimes | ✓ | Sometimes | ✓ | Common |
| Dry Cough | ✓ | Common | | | ✓ | Sometimes | ✓ | Common |
| Difficulty Breathing | ✓ | Severe | | | ✓ | Sometimes | | |
| Aches & Pains | ✓ | Sometimes | ✓ | Rare | | | ✓ | Common |
| Sneezing | | | ✓ | Common | ✓ | Common | ✓ | Sometimes |
| Runny Nose | ✓ | Sometimes | | | ✓ | Common | ✓ | Sometimes |
| Stuffy Nose | | | ✓ | Common | ✓ | Common | ✓ | Sometimes |
| Watery Eyes | | | | | ✓ | Common | | |
| Sore Throat | ✓ | Sometimes | ✓ | Common | | | ✓ | Sometimes |
| Diarrhea | ✓ | Sometimes | | | | | ✓ | Rare |
| Loss of Smell / Taste | ✓ | Sometimes | | | | | | |



COVID-19: MECHANISMS FOR TRANSMISSION

Information suggests this virus is spreading more efficiently than influenza, which is highly contagious. As such, we are enforcing strict safety precautions for surge healthcare workers.



MECHANISMS FOR TRANSMISSION

RESPIRATORY

Through the air, via coughing and sneezing or via close personal contact (e.g., touching or shaking hands)

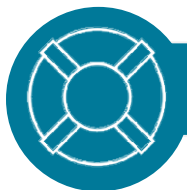
Primary means of transmission

CONTACT

Touching a surface in the immediate environment that is contaminated with the virus, and then touching your nose, mouth, eyes

AIRBORNE

During procedures or support treatments when aerosols are performed (e.g. endotracheal intubation, nebulizer treatment, and high flow O2)



SAFETY PRECAUTIONS ARE TAILORED ACCORDINGLY

Enforcement of physical distancing and proper usage of PPE

Regular disinfecting of high touch surfaces and equipment

Such procedures will not ordinarily be performed in absence of a single room and N95 mask



SAFETY PRACTICES

Learning Objective:

Understand and reinforce safety practices

- ✓ Reminders before coming onsite
- ✓ Properly donning and doffing PPE
- ✓ PPE extend / reuse / discard guidance
- ✓ Practicing safety techniques at work
- ✓ Safety precautions post-shift and at home



SAFETY OVERVIEW



WE ARE ENFORCING STRICT PRECAUTIONS TO ENSURE YOUR PERSONAL AND PATIENT SAFETY, AND LIMIT SPREAD WITHIN THE COMMUNITY:

1. Reminders before coming onsite
2. PPE overview
3. Properly donning PPE
4. Proper PPE conservation (reuse / extend / discard guidance)
5. Properly doffing PPE
6. Practicing basic safety techniques at work
7. Safety precautions post-shift and at home



1. REMINDERS BEFORE COMING ONSITE



PPE WILL BE PROVIDED ONSITE. HOWEVER PLEASE BRING IF YOU HAVE YOUR OWN AND ARE WILLING TO USE

- **Protective eyewear:** goggles and/or face shields
- **Masks:** surgical masks and/or N-95 respirators
- *Note: see visuals on next slide*



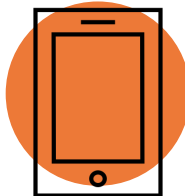
PLEASE MAINTAIN PERSONAL GROOMING

- For men, trim facial hair to allow for masks and goggles to fit
- For women, tie back long hair and keep away from face



PLEASE WEAR APPROPRIATE CLOTHING

- Plan to wear shoes that can be washed easily
- Wear comfortable clothing (scrubs is preferred)



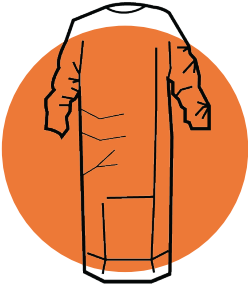







GENERAL EXPECTATIONS AROUND PERSONAL MOBILE DEVICES

- Perform hand hygiene after handling mobile devices to reduce spread of contamination
- Consider storing your mobile device(s) during your shift
- If a mobile device is needed to support patient care, please maintain patient confidentiality at all times and properly disinfect after usage

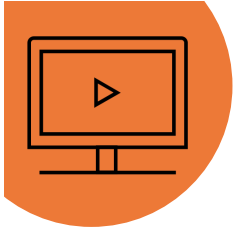


2. PPE: OVERVIEW

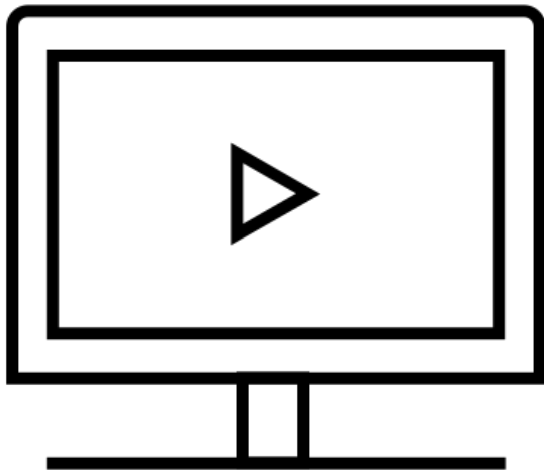
Basic PPE for Contact, Droplet and Respiratory precautions

| GOWN | MASKS | EYE PROTECTION | GLOVES |
|-----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
|  Single-use (disposable after use or reuse) |  Surgical mask |  Goggles |  Disposable medical gloves |
|  Cloth (may be laundered after use or reuse) |  N95 respirator |  Face shield | SHOE COVERS*  Shoe covers |

***OPTIONAL PPE. IF YOUR SITE DOES NOT PROVIDE THIS, ADDITIONAL GUIDANCE IS PROVIDED UNDER "SAFETY PRECAUTIONS POST-SHIFT AND AT HOME" TO REDUCE POTENTIAL CONTAMINATION**



2. PPE: OVERVIEW DONNING (VIDEO)



Please watch this video:

<https://www.youtube.com/watch?v=t1lxq2OUy-U>

Pause at min 7:06 to focus on the donning process.
We will resume video at a later point of the training to cover doffing.

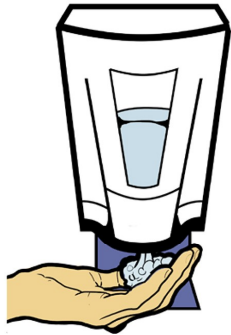
Source: Hippo Education



3. PPE: DONNING REMINDERS

Always perform donning on the hallway prior to entering the room

1. HAND HYGIENE



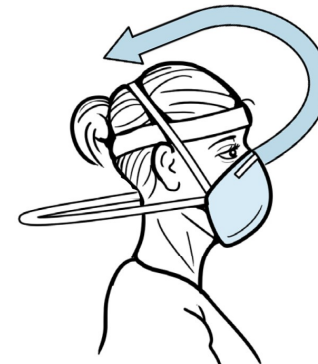
Use hand sanitizer to clean hands

2. DON GOWN



- Fully cover torso from neck to knees, arms to end of wrists
- Wrap around the back
- Fasten ties at back of gown

3. DON SURGICAL MASK



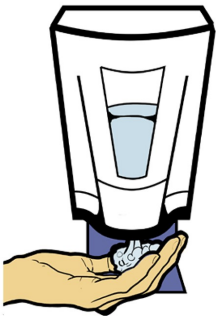
- Avoid touching inside of mask, except with clean hands
- Secure tie or elastic bands behind head or ears
- Fit flexible band to nose bridge
- Fit snug to face and below chin
- *Note: mask with attached face shield is acceptable to use (not pictured); if using, no additional eye protection is required*



3. PPE: DONNING REMINDERS

Always perform donning on the hallway prior to entering the room

4. HAND HYGIENE



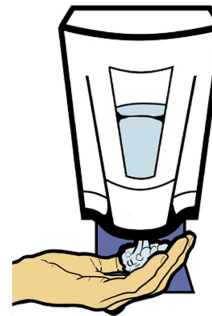
Use hand sanitizer
to clean hands

5. DON EYE PROTECTION



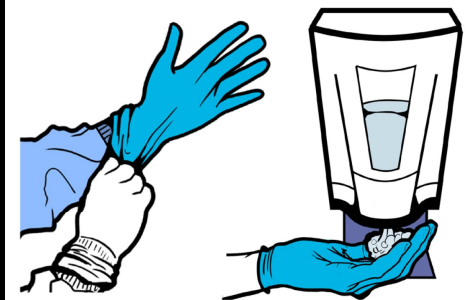
Goggles or Face Shield:
Place over face and eyes
and adjust to fit

6. HAND HYGIENE



Use hand sanitizer
to clean hands

7. DON GLOVES



Extend to cover wrist
of isolation gown



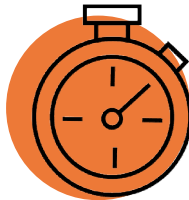
4. PROPER CONSERVATION OF PPE: GUIDELINES



- IN TIMES OF SEVERE SHORTAGES, LEADERS MAY IMPLEMENT **CONTINGENCY MEASURES FOR REUSE AND EXTENDED USE OF PPE**



- THE INFORMATION THAT FOLLOWS IS TO PREPARE YOU TO RESPOND TO GUIDANCE **IN THE EVENT LEADERS DETERMINE CONTINGENCY MEASURES ARE NEEDED**



- IN GENERAL, **EXTENDED USE IS PREFERRED OVER REUSE** TO REDUCE THE RISK OF SELF-CONTAMINATION FROM REPEATED DONNING AND DOFFING OF THE SAME EQUIPMENT



- EXTENDED USE OF PPE SHOULD BE **DONE IN CONJUNCTION WITH COHORTING OF PATIENTS** WITH SIMILAR STATUS AND CONDITIONS



4. PROPER CONSERVATION OF PPE: A

SUMMARY

Assumes contingency supply

| | EXTENDED USE Practice of wearing continuously for repeated patient encounters <i>without</i> doffing in between multiple patient interactions | REUSE Practice of using the same PPE for multiple encounters with patients, but <i>doffing in between</i> each of those encounters |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| MASK | YES | YES |
| EYE PROTECTION | YES | YES |
| GLOVES | YES | NO |
| GOWN | YES | YES |

Source: adapted based on publicly available guidelines from CDC and UCSF



4. PPE EXTEND, REUSE, AND DISCARD GUIDANCE

Assumes contingency supply

| | EXTENDED USE Practice of wearing continuously for repeated patient encounters <i>without</i> doffing in between multiple patient interactions | REUSE Practice of using the same PPE for multiple encounters with patients, but doffing between each of those encounters | DISCARD GUIDANCE Discard PPE under the following conditions |
|-------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| MASK | YES Okay to wear the same mask continuously for full shift | YES Appropriate for reuse, only for self (cannot be reused between multiple workers) When reusing: <ul style="list-style-type: none">• Avoid touching inside and front of mask – use the elastic bands, loops, or ties to don and doff• Store in a cool, clean, dry place in between use | Discard when: <ul style="list-style-type: none">• Contaminated hands have touched the inside• Wet, soiled, or damaged• Appropriate fit is not maintained Note: discard mask upon leaving for the day |

Source: adapted based on publicly available guidelines from CDC and UCSF



4. PPE EXTEND, REUSE, AND DISCARD GUIDANCE

Assumes contingency supply

| | EXTENDED USE Practice of wearing continuously for repeated patient encounters <i>without</i> doffing in between multiple patient interactions | REUSE Practice of using the same PPE for multiple encounters with patients, but doffing between each of those encounters | DISCARD GUIDANCE Discard PPE under the following conditions |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| EYE PROTECTION | YES Okay to wear the same goggles continuously for full shift | YES Appropriate for reuse for self and among different workers with proper disinfection <ul style="list-style-type: none"> • Clean external surfaces with hospital-approved disinfectant wipe • Remove residue with alcohol wipes • Store in a cool, clean, dry place in between use | Discard when: <ul style="list-style-type: none"> • Inside cannot be cleaned • Damaged in any manner <ul style="list-style-type: none"> • Foam batting damaged/soiled • Face shield |

Source: adapted based on publicly available guidelines from CDC and UCSF



4. PPE EXTEND, REUSE, AND DISCARD GUIDANCE

Assumes contingency supply

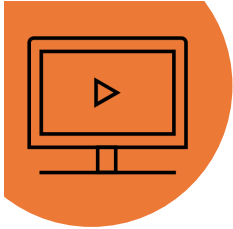
| | EXTENDED USE Practice of wearing continuously for repeated patient encounters <i>without</i> doffing in between multiple patient interactions | REUSE Practice of using the same PPE for multiple encounters with patients, but doffing between each of those encounters | DISCARD GUIDANCE Discard PPE under the following conditions |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| GLOVES | YES <ul style="list-style-type: none">• Okay to wear the same gloves between separate patients of similar conditions (e.g., between diagnosed COVID-19 patients)• Hand hygiene can be performed over gloves | NO | Discard when: <ul style="list-style-type: none">• Torn or heavily soiled / contaminated |



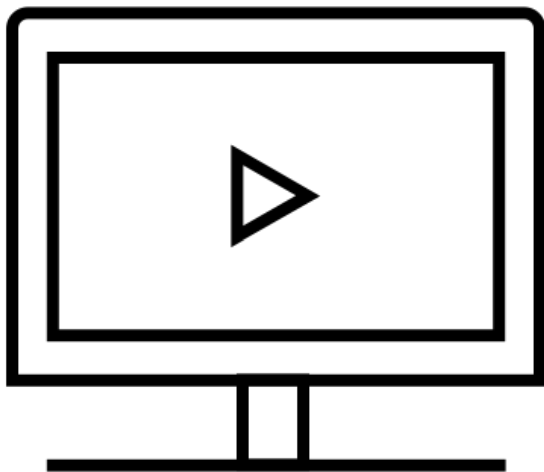
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Assumes contingency supply

| | EXTENDED USE Practice of wearing continuously for repeated patient encounters <i>without</i> doffing in between multiple patient interactions | REUSE Practice of using the same PPE for multiple encounters with patients, but doffing between each of those encounters | DISCARD GUIDANCE Discard PPE under the following conditions |
|-------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| GOWN | YES <ul style="list-style-type: none">• Okay to wear the same gown between separate patients of similar conditions (e.g., between diagnosed COVID-19 patients) | YES <ul style="list-style-type: none">• Single-use gowns: <i>IF</i> need to reuse, minimize contact with outside of gown; else discard• Cloth gowns: can reuse without washing <i>IF</i> there is minimal physical contact with patient or nearby surfaces | Discard when: <ul style="list-style-type: none">• Torn or heavily soiled / contaminated |



5. PPE: DOFFING (VIDEO)



Please watch this video:

<https://youtu.be/t1lxq2OUy-U?t=427>

Link resumes video at min 7:07 to focus on the doffing process.

Note that this video presumes doffing assuming *conventional* supply (discarding PPE after each use). Steps around safe reuse of face shields / goggles are covered on subsequent slides

Source: Hippo Education



5. PPE: DOFFING

There is significant risk for self-contamination during doffing – please read carefully!

INSIDE PATIENT ROOM

1. REMOVE GOWN AND GLOVES

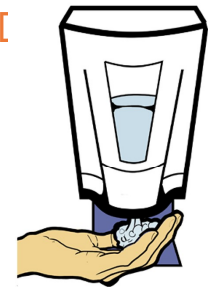
✓ Consider gown front and sleeves and the outside of gloves contaminated.

✓ If your hands get contaminated during gown or glove removal, immediately clean hands.



- Grasp gown in front and pull away from your body so that the ties break, touching outside of gown only with gloved hands
- While removing the gown, fold or roll the gown inside-out into a small, tidy bundle
- Peel off gloves at the same time as you remove gown
- Place gown and gloves into designated waste containers

2. HAND HYGIENE (OVER HAND)



3. EXIT PATIENT ROOM





5. PPE: DOFFING

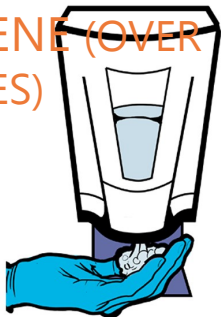
There is significant risk for self-contamination during doffing – please read carefully!

OUTSIDE PATIENT ROOM

4. DON NEW GLOVES

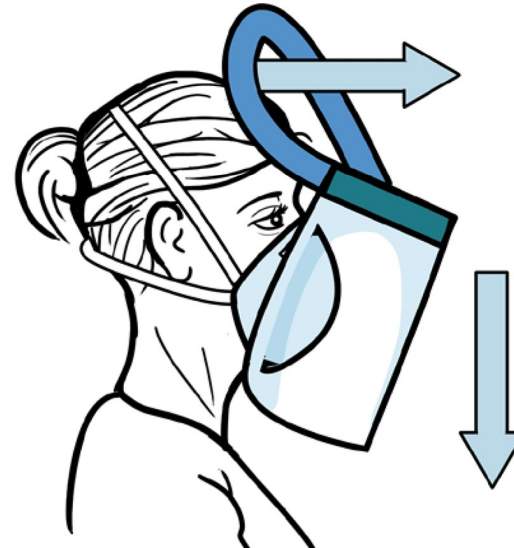


5. HAND HYGIENE (OVER GLOVES)



6. REMOVE EYE PROTECTION – FACESHIELD OR GOGGLES

- ✓ Consider outside of goggles or face shield contaminated
- ✓ Do not let straps touch your face upon removing
- ✓ Do not touch front of the goggles or face shield



Remove goggles or face shield from the back by lifting headband over head



5. PPE: DOFFING

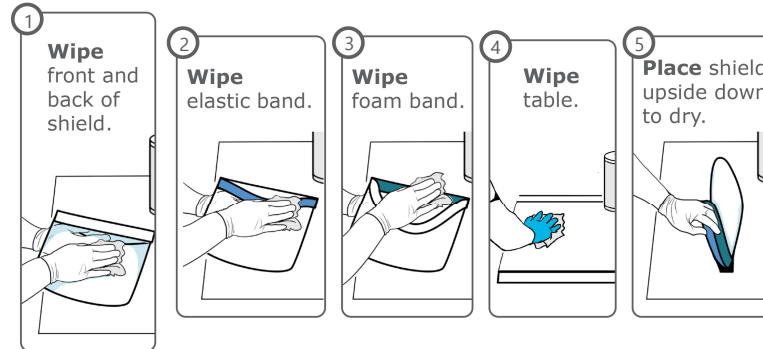
There is significant risk for self-contamination if equipment is not stored properly for reuse

OUTSIDE PATIENT ROOM

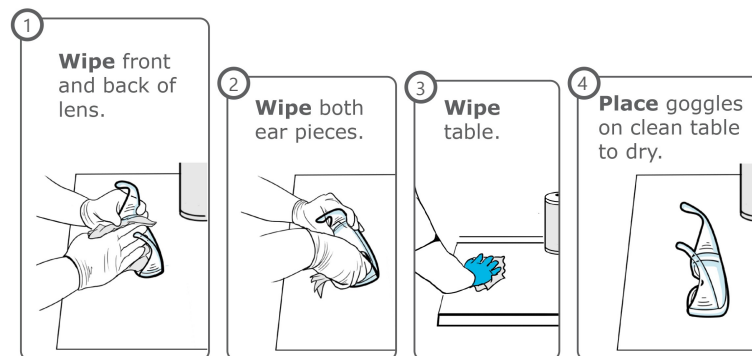
7. STORE EYE PROTECTION FOR REUSE (under contingency supply)

- ✓ Where you perform storage varies by facility – confirm where the designated clean table and room
- ✓ Use an approved disinfectant to wipe external surfaces of eye protection
- ✓ Use alcohol wipe to remove residue as needed
- ✓ Place on clean, designated surface to dry

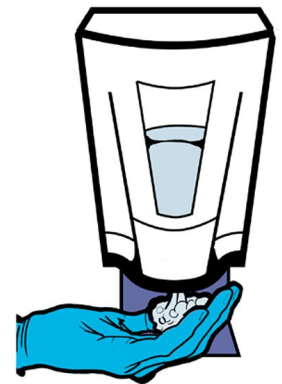
FACE SHIELD



GOGGLES



8. HAND HYGIENE (OVER GLOVES)





5. PPE: DOFFING

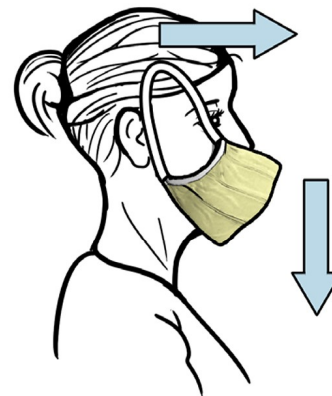
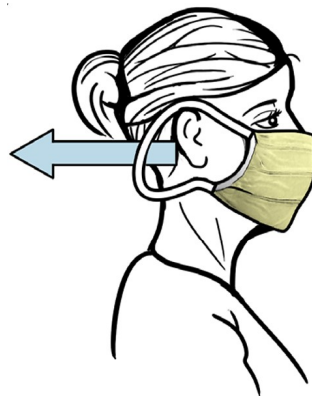
There is significant risk for self-contamination during doffing – please read carefully!

OUTSIDE PATIENT ROOM

9. REMOVE MASK

- ✓ Consider outside of mask contaminated (if not wearing face shield)
- ✓ Do not touch inside of the mask at any point
- ✓ Do not let loose straps touch your face

SURGICAL MASK



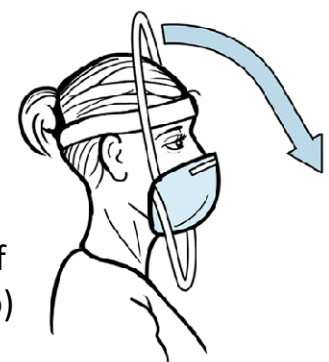
Starting with bottom and then top, grasp ear loops or release ties.
Remove without touching the front

N-95 RESPIRATOR

Pinch bottom strap and pull far over head.



Pinch top strap and pull far over head. (Bow head if necessary to do so)





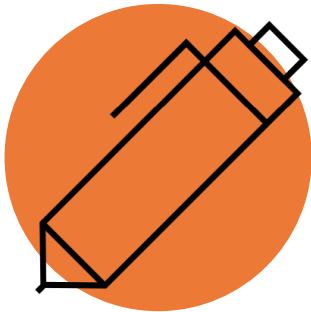
5. PPE: DOFFING

There is significant risk for self-contamination if equipment is not stored properly for reuse

OUTSIDE PATIENT ROOM

10. STORE MASK FOR REUSE (under contingency supply)

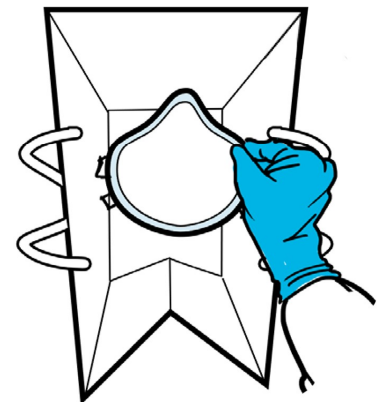
SURGICAL MASK or N95 RESPIRATOR



Label clean and unused storage bag with your name – to be done prior to doffing mask.



Place your storage bag on clean, flat surface.



Place mask facedown into the storage bag. Avoid touching inside or outside of bag, and hold by handles/top.

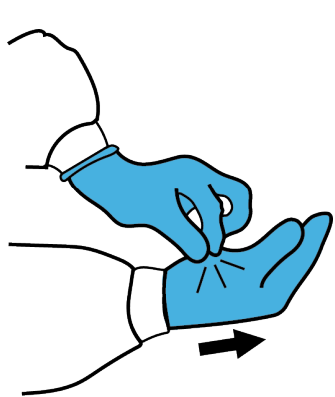


5. PPE: DOFFING

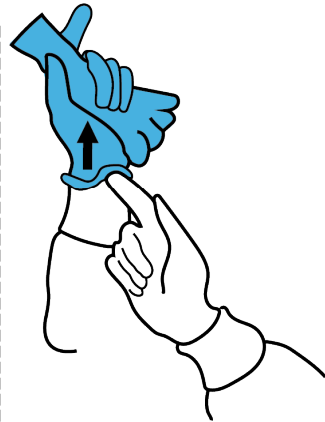
There is significant risk for self-contamination during doffing – please read carefully!

OUTSIDE PATIENT ROOM

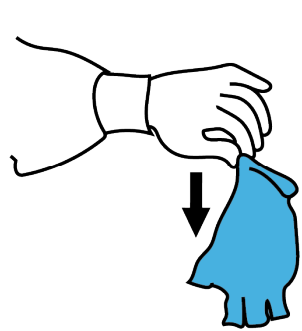
11. REMOVE GLOVES



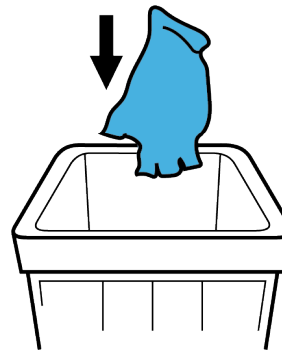
With a gloved hand grasping the palm area of opposite glove, peel off first glove and hold removed glove in gloved hand



Slide fingers of ungloved hand under remaining glove at wrist



Peel off second glove over first glove

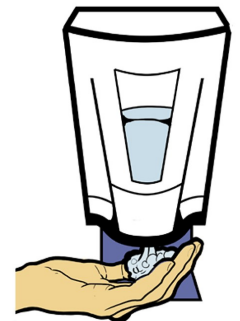


Discard gloves in a designated waste container

12. SANITIZE HANDS



Wash hands at the nearest hand-washing station, or use alcohol-based hand sanitizer





6. PRACTICING BASIC SAFETY TECHNIQUES AT WORK



FOLLOW CDC "UNIVERSAL PROTECTIONS" ON MASKING GUIDANCE

- Don mask immediately upon entry into the site
- Wear mask at all times while inside building



PRACTICE PHYSICAL DISTANCING

- Stay at least 6 feet away from others as possible



PRACTICE HAND HYGIENE

- Wash hands for at least 20 seconds



KEEP HANDS AWAY FROM FACE AND LIMIT TOUCHING SURFACES

- Disinfect high-touch surfaces you need to come into contact using an EPA-registered, hospital-grade disinfectant



IF YOU EXPERIENCE SYMPTOMS

- Sites will screen staff daily at the time of entry using standard questions
- Contact your unit lead immediately if you experience fever, cough, shortness of



7. SAFETY PRECAUTIONS POST-SHIFT AND AT HOME



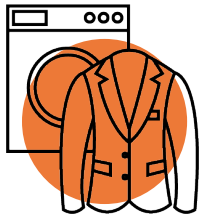
HAND HYGIENE UPON EXITING FACILITY

- Use an alcohol-based sanitizer to disinfect hands immediately after leaving Alternate Care Site



LEAVE SHOES AT ENTRY WAY OF YOUR HOME

- Note that the virus can be spread through the soles of shoes
- Do not wear shoes worn at the facility into your home, especially if shoe covers were not used
- If shoes are machine washable, wash immediately in a separate load



IMMEDIATELY WASH CLOTHING WORN AT THE FACILITY

- Place clothing into separate laundry to wash if possible



SELF-MONITOR FOR SYMPTOMS

- Continue to monitor for key symptoms including fever, cough, and shortness of breath